

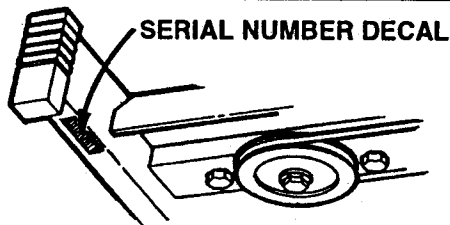
# SKIMASTER XC2

## CROSS COUNTRY SKIER

**MODEL NO. XC2**

**SERIAL NO.**

Write the serial number in the space above for reference.



### **WAIT, READ THIS FIRST!**

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

**The ASSEMBLY MANUAL**

**MODEL NUMBER** of this UNIT

**PART NAME** or **DESCRIPTION**

**ORDERING NUMBER**

**THE QUANTITY** of each part that you need.

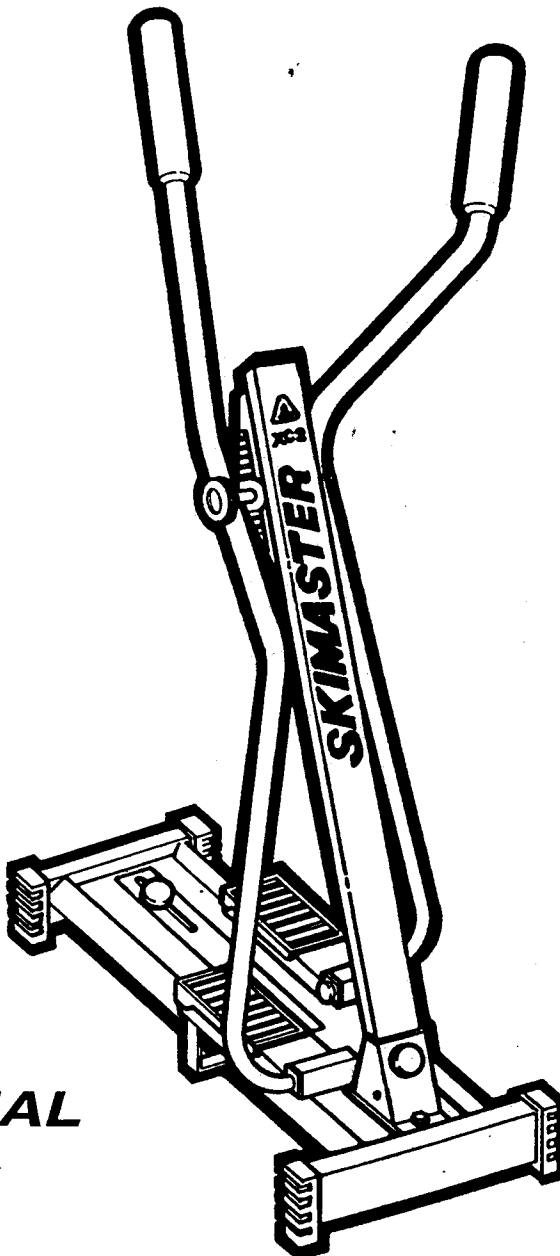
**THE MODEL NUMBER** of this unit is found in the **UPPER LEFT-HAND** or **RIGHT-HAND CORNER** of this page. The **MODEL NUMBER** is a series of **LETTERS** followed by a **NUMBER**.

**THE PART NAME** or **DESCRIPTION** and the **ORDERING NUMBER** can be found on the **PARTS LIST PAGE**.

# weider.

## OWNER'S MANUAL

MADE IN CANADA



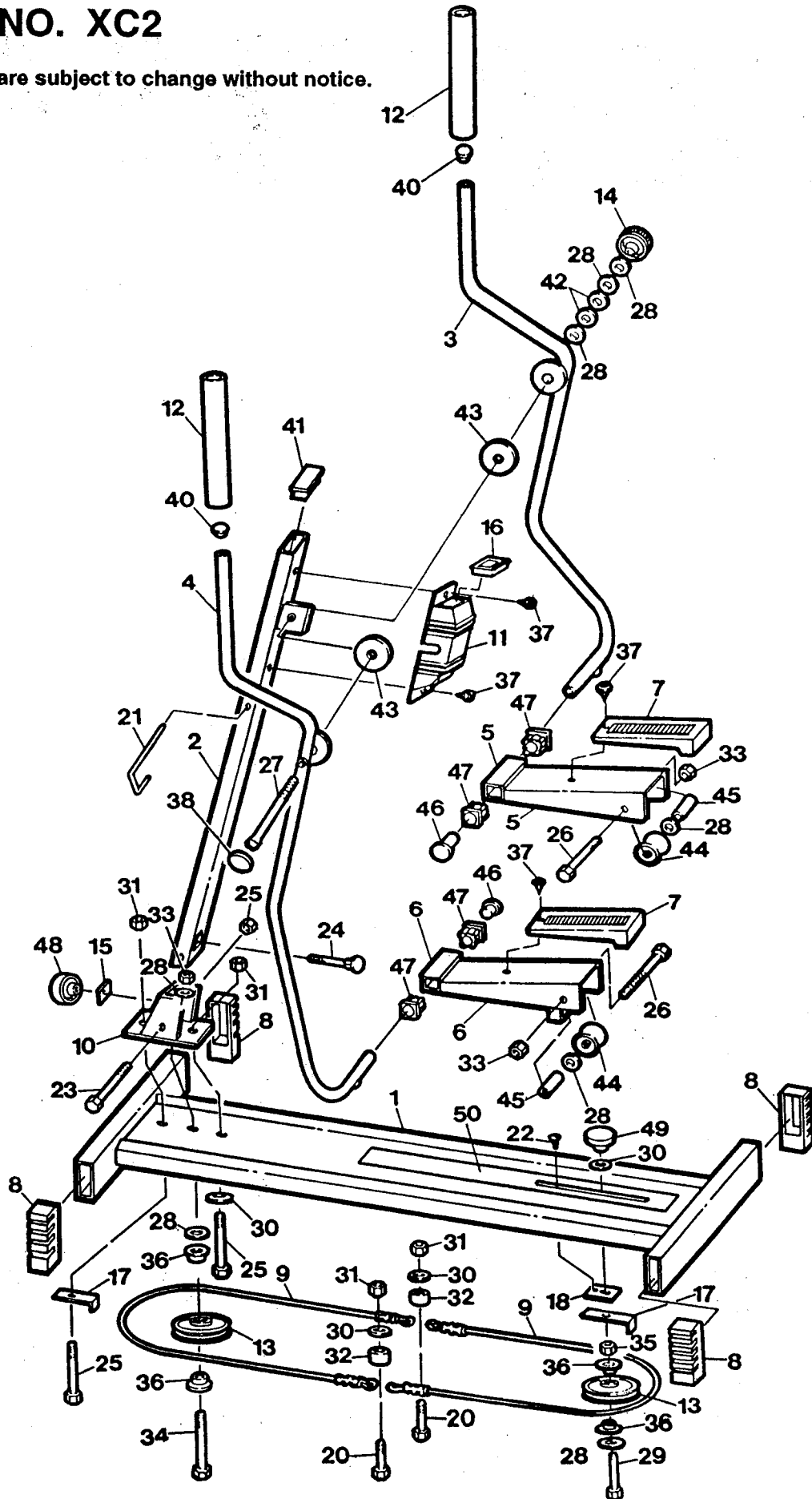
WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

**WEIDER HEALTH AND FITNESS**  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

# MODEL NO. XC2

Specifications are subject to change without notice.



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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the step linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Before beginning exercise insure that the "V" roller wheel of the foot plate is astride the "V" rail of the base plate.
7. Keep small children away from this equipment during use.

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS**

# PART LIST XC2

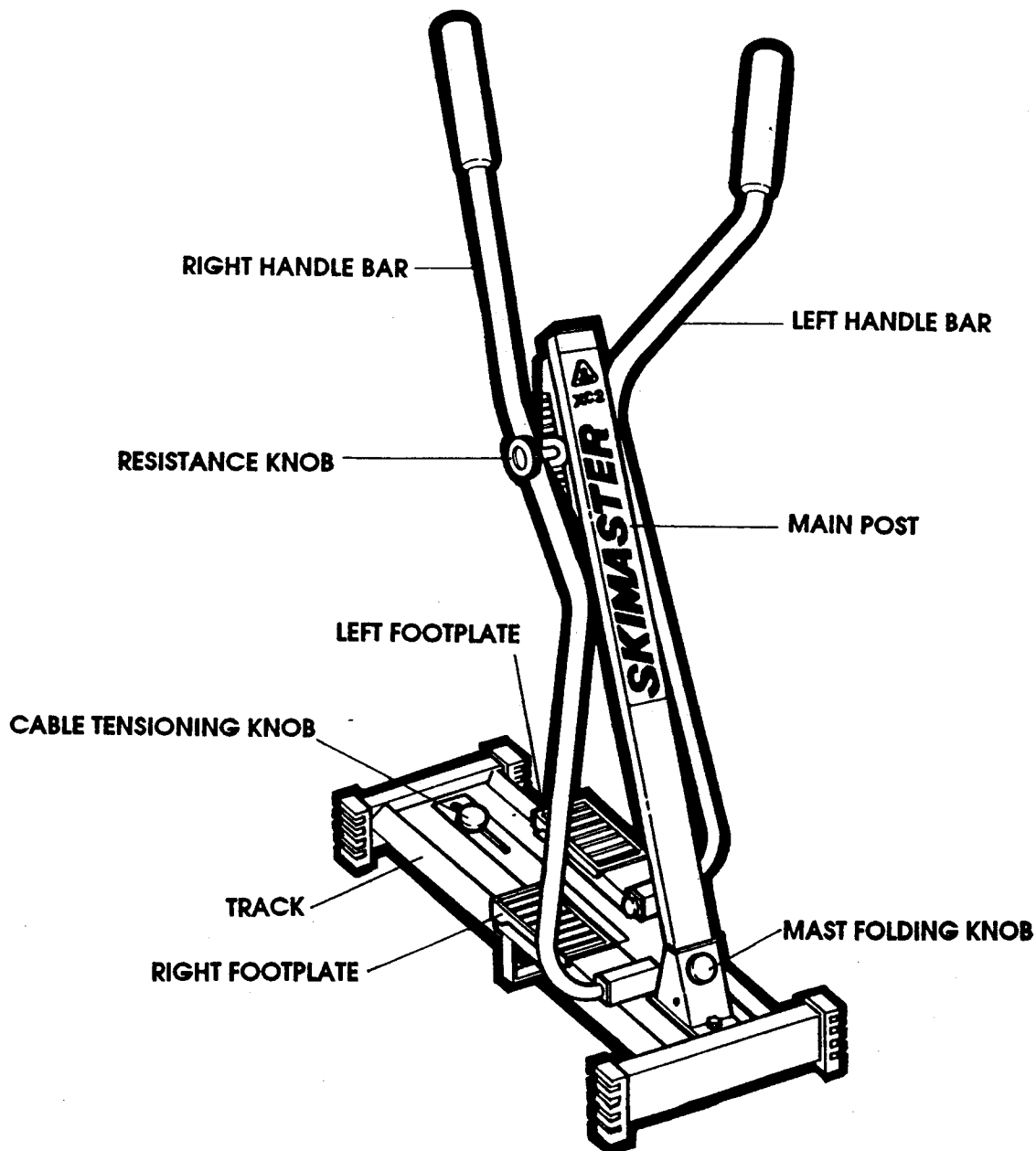
DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	TRACK	1	C3188-F19°F19
2	MAIN POST	1	C3189-F19°F19
3	RIGHT HANDLE BAR	1	C6824-F14°F19
4	LEFT HANDLE BAR	1	C6825-F14°F19
5	RIGHT FOOTPLATE	1	C3185-F14°F19
6	LEFT FOOTPLATE	1	C3186-F14°F19
7	FOOTPLATE COVER	2	AA-8195°F19
8	RUBBER FEET	4	AA-8196°F19
9	CABLE 48"	2	C6633-F14°F19
10	MAST PIVOT BRACKET	1	C3190-F19°F19
11	PLASTIC MONITOR SHROUD	1	C0624-F19°F19
12	FOAM GRIP	2	C0436-D19°F19
13	PULLEY	2	AA-8122°F19
14	ADJUSTMENT KNOB	1	HH-5444°F19
15	1 1/4" X 3 1/4" FLAT PLATE	1	C6759-F19°F19
16	ELECTRONIC TIMER	1	C0833-F19°F19
17	PULLEY TRAP BRACKET	2	C6760-F19°F19
18	TOP PLATE (THREADED)	1	C6761-F19°F19
20	5/16" X 1" HEX HEAD BOLT	2	HH-5332°F19
21	LOCKING PIN	1	WW-7063°F19
22	1/4" X 3/8" SLOT HEAD SCREW	1	HH-5451°F19
23	5/16" X 3 3/4" HEX HEAD BOLT	1	HH-5418°F19
24	5/16" X 2 1/2" CARRIAGE BOLT	1	HH-5324°F19
25	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5441°F19
26	3/8" X 4 1/4" HEX HEAD BOLT	2	HH-5411°F19
27	3/8" X 8" TAPER HEAD BOLT	1	HH-5445°F19
28	3/8" FLAT WASHER	8	HH-5265°F19
29	3/8" X 2 1/4" HEX HEAD BOLT (PRE-ASSEMBLED)	1	HH-5061°F19
30	5/16" FLAT WASHER	4	HH-5127°F19
31	5/16" NYLON LOCK NUT	5	HH-5012°F19
32	METAL SPACER 5/16" I.D. X 1/4" LONG	2	HH-5346°F19
33	3/8" JAM NUT	3	HH-5356°F19
34	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018°F19
35	3/8" NYLON LOCK NUT (PRE-ASSEMBLED)	1	HH-5088°F19
36	3/8" I.D. PULLEY BUSHING	4	HH-5450°F19
37	#8SELF TAPPING SCREW	4	HH-5449°F19
38	DOME END COVER CAP	1	HH-5447°F19
40	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8014°F19
41	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130°F19
42	3/8" BLACK PLASTIC WASHER	2	AA-8197°F19
43	COMPOSITE FRIATION PAD	2	AA-8198°F19
44	"V" ROLLER	2	AA-8199°F19
45	PLASTIC SPACER 1/2" O.D. X 2" LONG	2	AA-8201°F19
46	PLUG	2	AA-8200°F19
47	SQUARE END PEDAL BUSHING	4	AA-8137°F19
48	FEMALE KNOB 5/16" THREADS	1	HH-5400°F19
49	FEMALE KNOB 3/8" THREADS	1	HH-5341°F19
50	TRACK BED DECAL	1	DE-4223°F19
51	MAIN POST DECAL	1	DE-4223°F19
52	RESISTANCE DECAL	1	DE-4223°F19
	HARDWARE BAG	1	C5054-F19°F19
	ASSEMBLY MANUAL	1	NN-1175°F19

# INTRODUCTION

Thank you for choosing the Weider SKIMASTER Cross Country Skier. Your SKIMASTER Skier is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Skimaster Skier. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



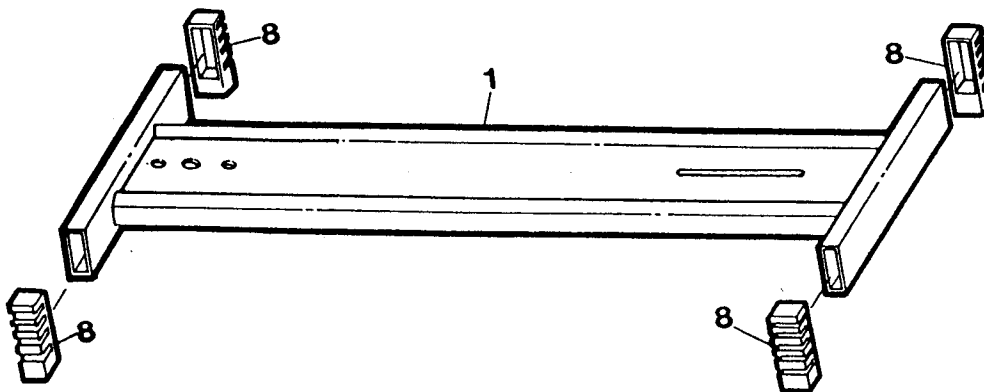
**STEP 1 MAST BRACKET & PULLEY ASSEMBLY**

PART NAME	QTY
8 RUBBER FEET	4
25 5/16" X 1 3/4" HEX HEAD BOLT	2
28 3/8" I.D. FLAT WASHER	2
30 5/16" FLAT WASHER	1
31 5/16" NYLON LOCK NUT	2
33 3/8" JAM NUT	1
34 3/8" X 2 1/2" HEX HEAD BOLT	1
36 3/8" I.D. PULLEY BUSHING	2

» **NOTE:** The RUBBER FEET (8) have a large solid bottom portion, this side should be assembled toward the floor.

☐ Press RUBBER FEET (8) onto each end of the TRACK (1) frame ends.

☐ Fit a 3/8" I.D. PULLEY BUSHING (36) into each side of a PULLEY (13) and onto the 3/8" X 2 1/2" HEX HEAD BOLT (34). Then add a 3/8" I.D. FLAT WASHER (28).

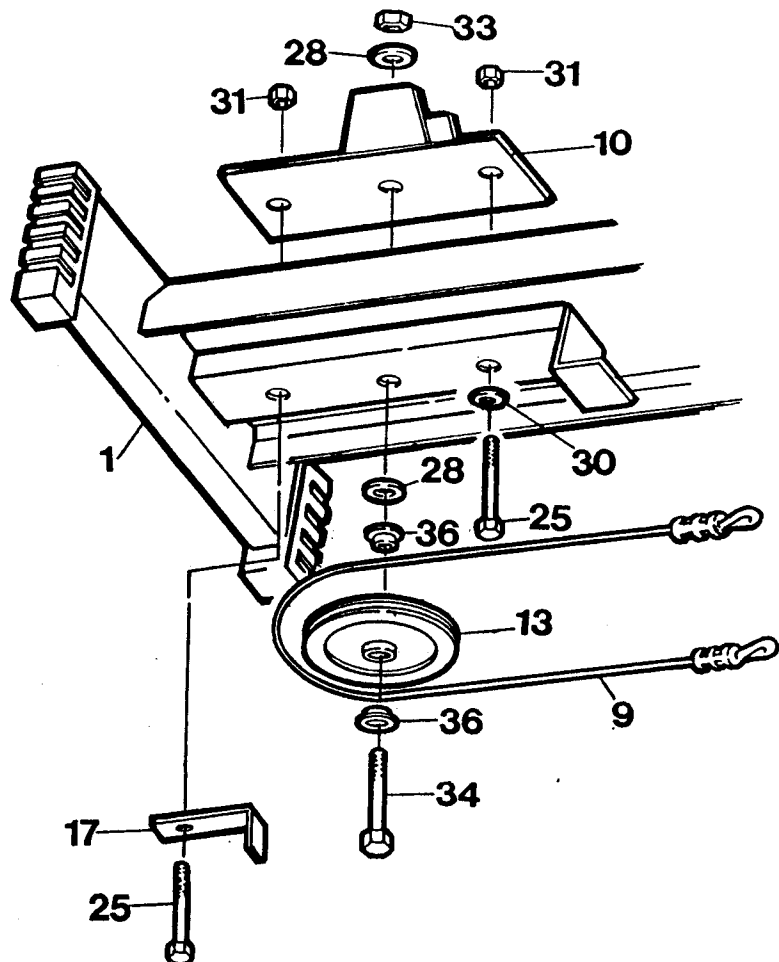


☐ From the bottom of the TRACK BED (1), insert this pulley assembly up through the center hole of the three in the front of the track and add another 3/8" I.D. FLAT WASHER (28) to 3/8" X 2 1/2" HEX HEAD BOLT (34).

☐ Position the MAST PIVOT BRACKET (10) onto the bolt and lightly assemble a 3/8" JAM NUT (33).

☐ Assemble the back of the Pivot Bracket to the track with a 5/16" X 1 3/4" HEX HEAD BOLT (25), 5/16" FLAT WASHER (30), and 5/16" NYLON LOCK NUT (31). Do not tighten all the way.

☐ Fit the FRONT TRACK CABLE (9) into the Front Pulley, position the "L" CABLE TRAP BRACKET (17) in place and bolt with 5/16" X 1 3/4" HEX HEAD BOLT (25) through Cable Trap, Track Bed and Pivot Bracket and fasten with 5/16" NYLON LOCK NUT (31). Position Cable Trap to within 1/16" of the Pulley so cable can not come off Pulley. Tighten this assembly tightly then go back and tighten the other assemblies.



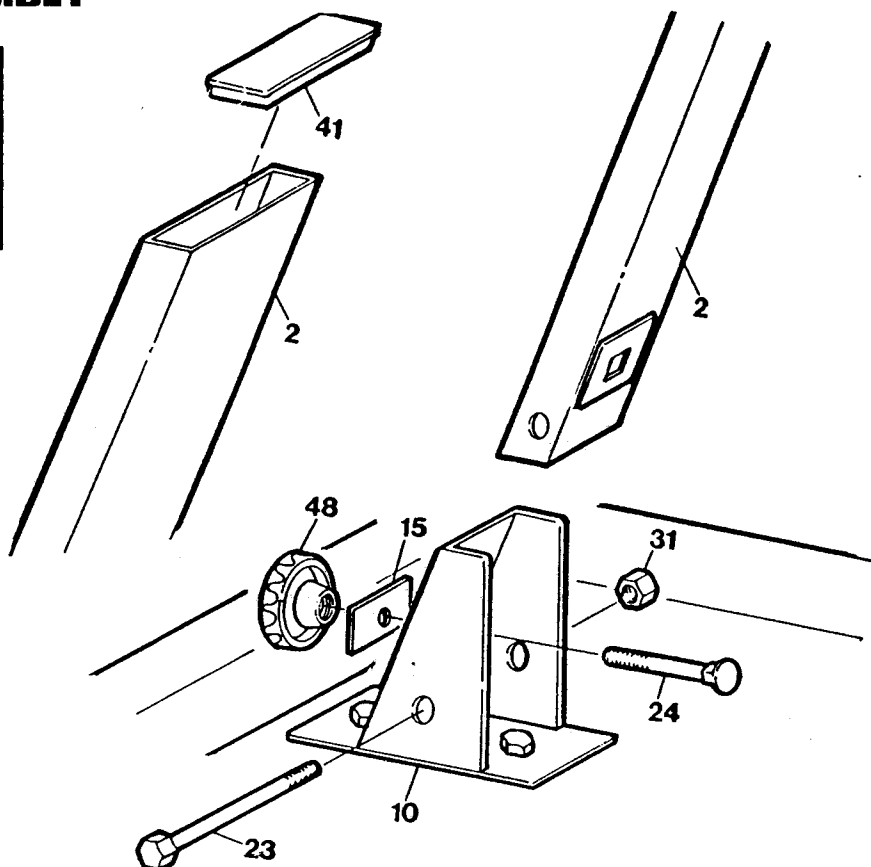
**STEP 2 MAST POST ASSEMBLY**

PART NAME	QTY
23 5/16" X 3 3/4" HEX HEAD BOLT	1
24 5/16" X 2 1/2" CARRIAGE BOLT	1
31 5/16" NYLON LOCK NUT	1
41 1 1/2" X 3" PLASTIC INSERT CAP	1
48 5/16" INTERNAL THREAD KNOB	1

- ☐ Using a 5/16" X 3 3/4" HEX HEAD BOLT (20) and 5/16" NYLON LOCK NUT (31) attach the MAST POST (2) into the MAST PIVOT BRACKET (10). Note that there is a reinforcement plate welded to one side of the mast post that must face away from the Pivot Bracket.

- ☐ Rotate the MAST POST (2) to the Upright position and bolt in place using a 5/16" X 2 1/2" CARRIAGE BOLT (24), 1 1/4" X 3 1/4" FLAT PLATE (15), and a 5/16" INTERNAL THREAD KNOB (48). Tighten snugly.

- ☐ Cap the top of the Mast with a 1 1/2" X 3" PLASTIC CAP (41).

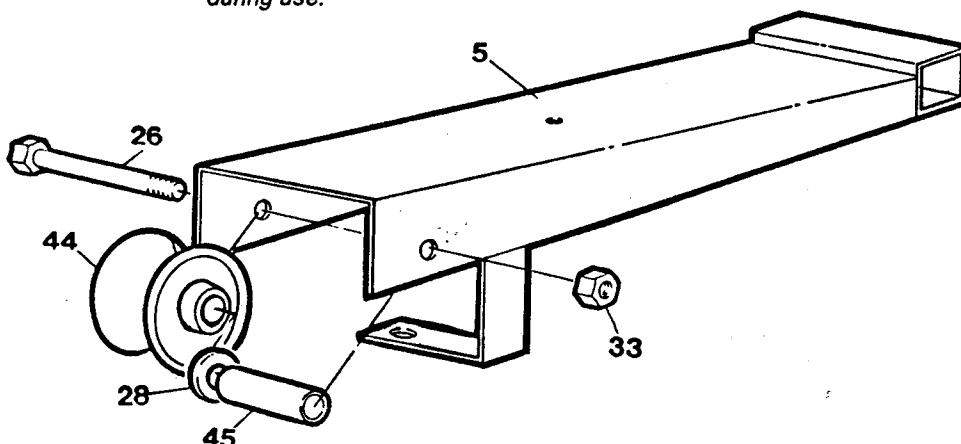
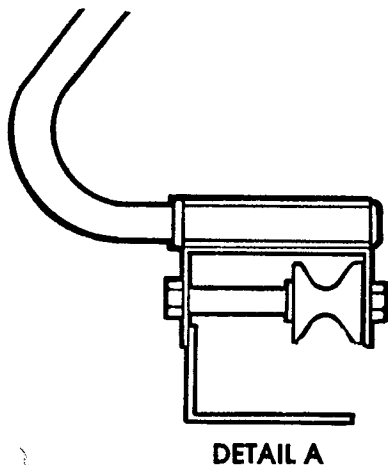
**STEP 3 FOOTPLATE & "V" ROLLER ASSEMBLY**

PART NAME	QTY
26 3/8" X 4 1/4" HEX HEAD BOLT	2
28 3/8" I.D. FLAT WASHER	2
33 3/8" JAM NUT	2
44 "V" ROLLER	2
45 2" LONG PLASTIC SPACER	2

NOTE: When assembling "V" Rollers into the FOOTPLATES (5) & (6) the Rollers are assembled to the side away from the "L" Bracket on the bottom of the Footplates. (See DETAIL "A".)

- ☐ Using a 3/8" X 4 1/4" HEX HEAD BOLT (26); starting on the side of the Footplate, away from the "L" Bracket, assemble a "V" ROLLER WHEEL (44), a 3/8" I.D. FLAT WASHER (28), and a 2" LONG PLASTIC SPACER (45) within the sides of the Footplate. Fasten assembly with a 3/8" JAM NUT (33).

- ☐ DO NOT OVERTIGHTEN this assembly as the "V" Roller Wheel must turn freely. But tight enough so the washer does not chatter during use.

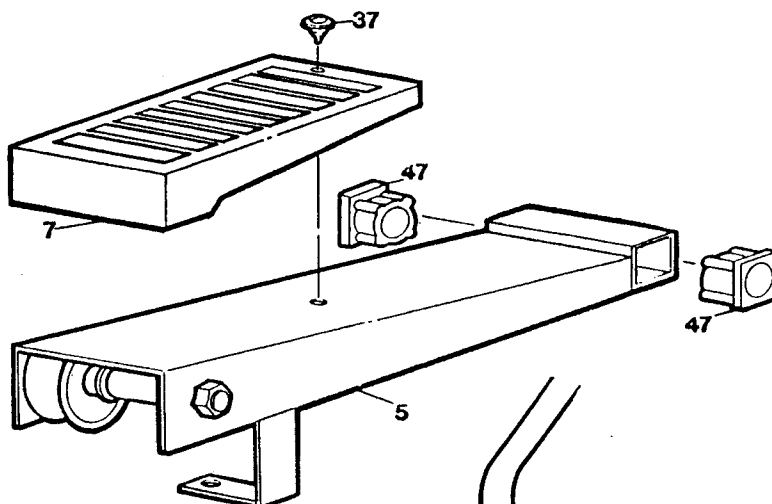


**STEP 4 FOOTPLATE ASSEMBLY**

PART NAME	QTY
37 #8 SELF TAPPING SCREW	2
47 SQUARE END BUSHING	4

- ☐ Press **SQUARE END BUSHINGS (47)** into the square tube on the front of each **FOOTPLATE (5) & (6)**.

- ☐ Assemble the molded **FOOTPLATE COVERS (7)** atop each Footplate using a **#8 SELF TAPPING SCREW (37)**.

**STEP 5 HANDLE BAR & FOOTPLATE ASSEMBLY**

PART NAME	QTY
46 1 1/4" PLASTIC PLUG	2

- » **NOTE:** The Handle Bars and Footplates have been stickered with **LEFT** and **RIGHT** labels to help you correctly identify these parts.

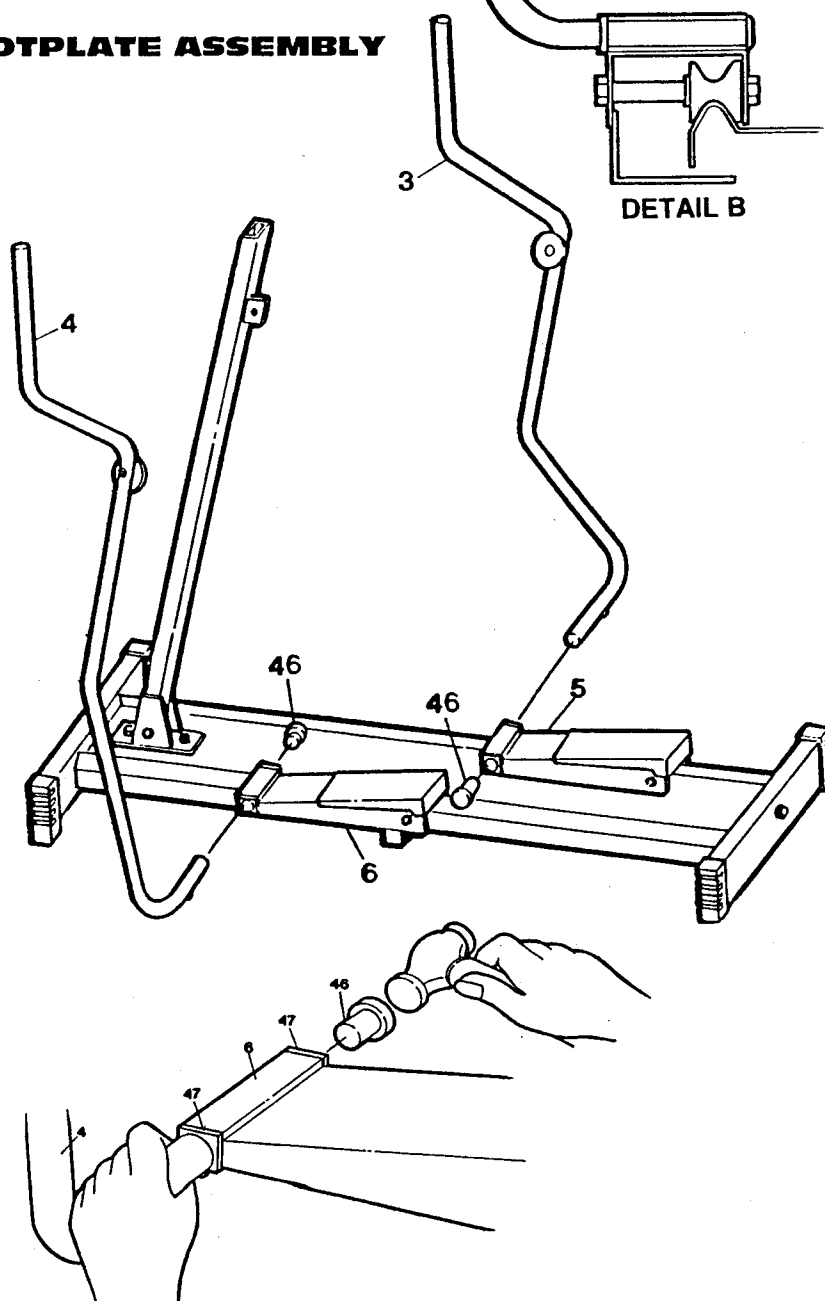
- ☐ Select the **LEFT HANDLE BAR (4)** and **LEFT FOOTPLATE (6)**. With the "L" Bracket of the Footplate oriented toward the bend of the Handle Bar (See **DETAIL "B"**), press the Footplate onto the Handle Bar.

- » **NOTE:** This is a tight fit assembly and will take a bit of pressure to press the Handle Bar tube through the Bushings. Lightly lubricating the insides of the bushings will help this assembly.

- ☐ Press the Handle Bar Tube completely through the Footplate Bushings and seat against the pre-assembled stop screw. Now **DOUBLE CHECK** to insure you have the Left Handle Bar with the Left Footplate and the "L" Bracket of the Footplate on the same side as the bend in the Handle Bar.

- ☐ Gently tap a **1 1/4" PLASTIC END PLUG (46)** into the end of the Handle Bar.

- ☐ Repeat the same assembly steps for the **RIGHT HANDLE BAR (3)** and **RIGHT FOOTPLATE (5)**.

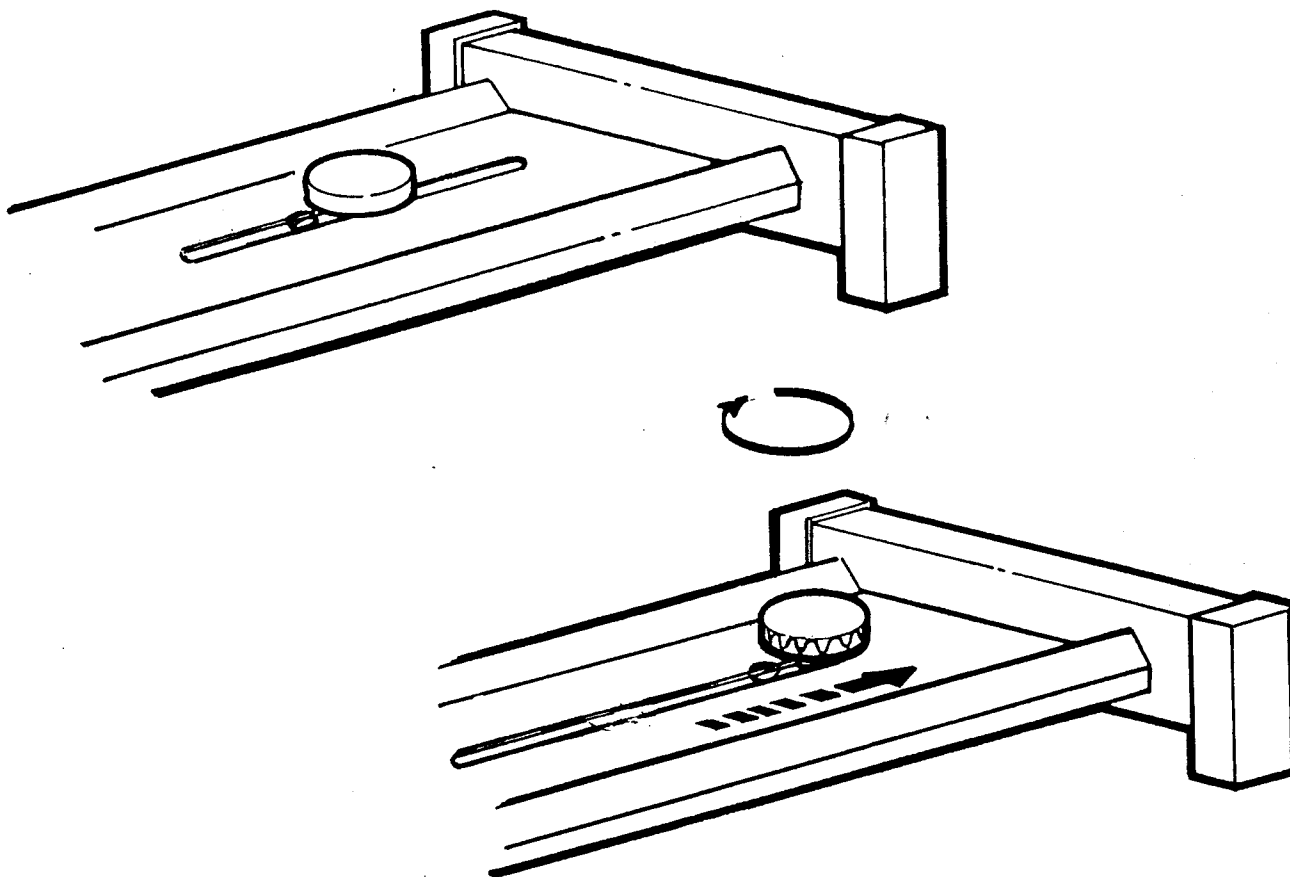




**STEP 11 TENSIONING CABLE**

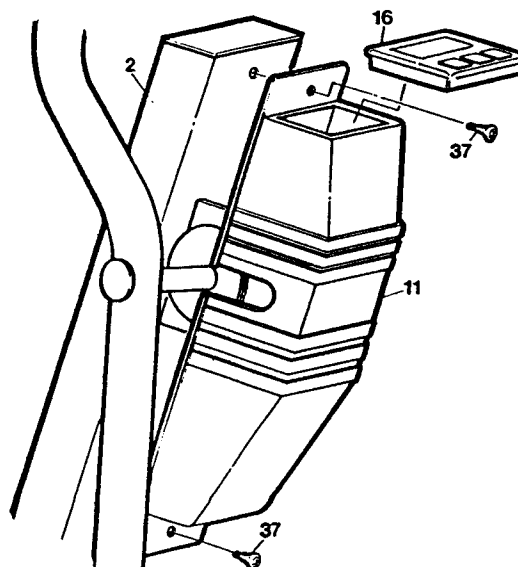
- ☐ Pull the Rear Pulley Assembly firmly to the back of the unit and tighten knob securely.

» **NOTE:** Check to be certain the Cables are fully seated in the Pulleys. The Cables do not need to be tensioned tightly but tight enough to take out excess slack. If this can not be done by pulling only on the knob, reach under the bed with the other hand and pull back on the pulley while tightening the knob.

**STEP 12 CONSOLE & TIMER ASSEMBLY**

PART NAME	QTY
37 #8 SELF TAPPING SCREW	2

- ☐ Fit **SHROUD (11)** over **Handle Bar Assembly** so the cut out in the end of the Shroud is up. Fasten in place with **#8 SELF TAPPING SCREWS (37)**.
- ☐ Position **ELECTRONIC TIMER (16)** in cut out in top of Shroud and press in place.



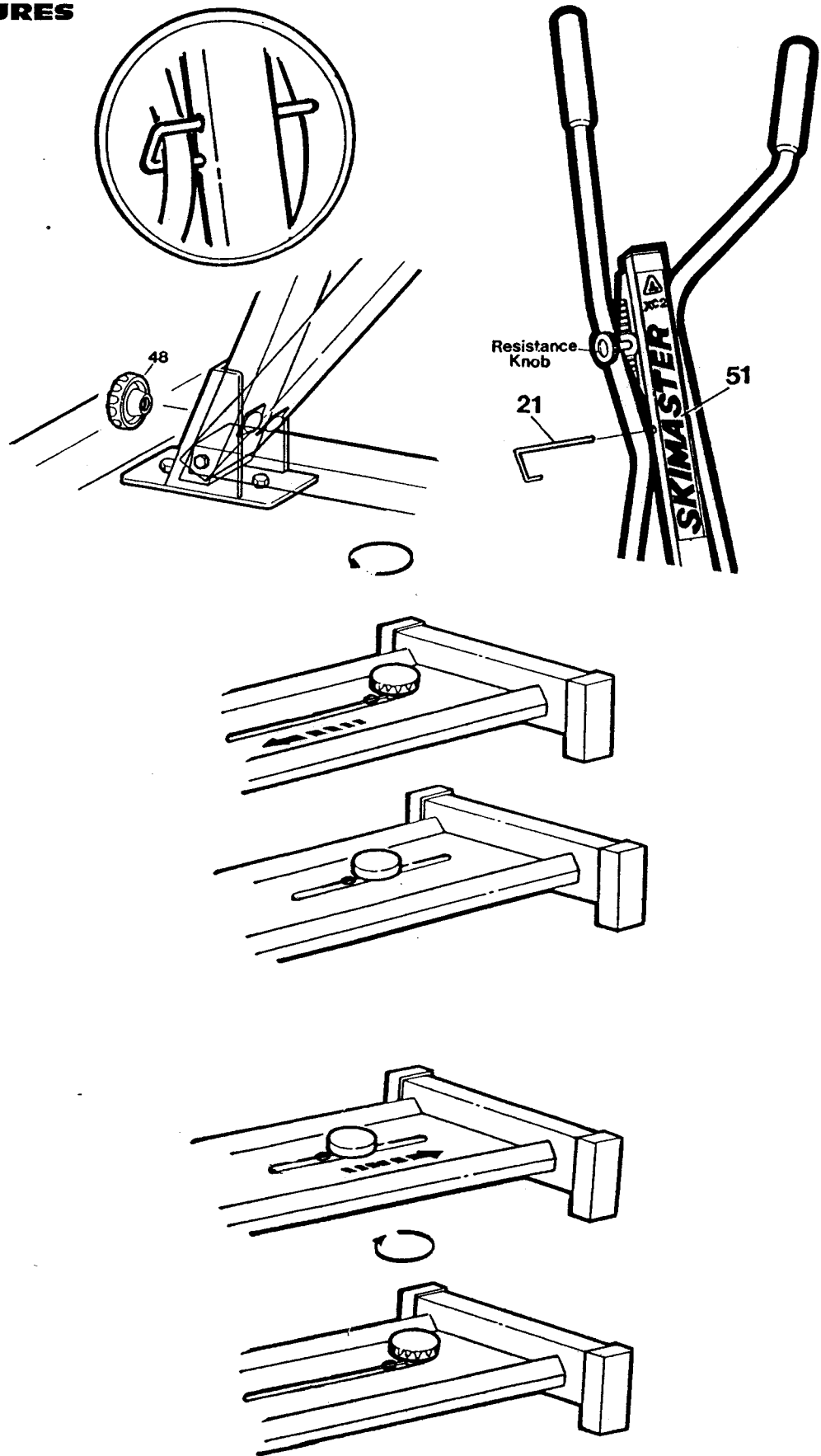
## OTHER SKIER FEATURES

**LOCKING:** For added security when getting on and off your skier, insert the **LOCKING PIN (21)** through the mast and around the handle to keep pedals from moving. Once you are positioned on the footplates, remove the Locking Pin.

**TENSIONING:** The Resistance Knob at the side of the Handle Bar is the only means of adjusting exercise resistance. To increase resistance turn knob clockwise, to decrease turn counterclockwise.

» **NOTE:** The cable connecting the Footplates has nothing to do with setting the exercise resistance.

**FOLDING:** The XC2 SKIMASTER has a unique folding feature. To fold, first lock Handle Bars to Mast with Locking Pin, then, loosen Rear Pulley Knob at the rear of Track bed. Next, while holding onto mast, remove the fastening Knob at the front base of the Mast. Once Knob is removed, fold Handle Bar and Mast down to Track bed for storage by applying forward pressure to both handles arms near the Footplates to initiate the folding down of the mast. To resume use of the Skier, bring Handle Bar and Mast assembly back upright. Re-assemble Base Knob to lower Mast and tighten securely. Grasp Pulley Knob at rear of unit, pull back firmly and tighten knob securely.

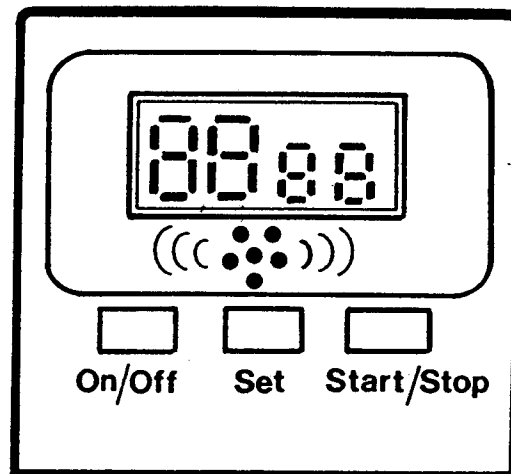
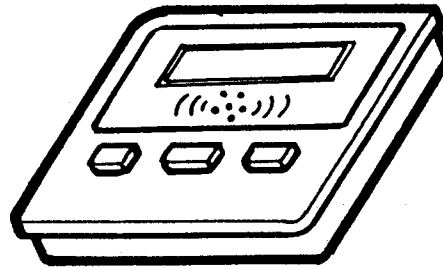


**TIMER:** Your **XC2 SKIMASTER** is equipped with a count down Electronic Timer. It has three simple function buttons: On/Off, Set, and Start/Stop.

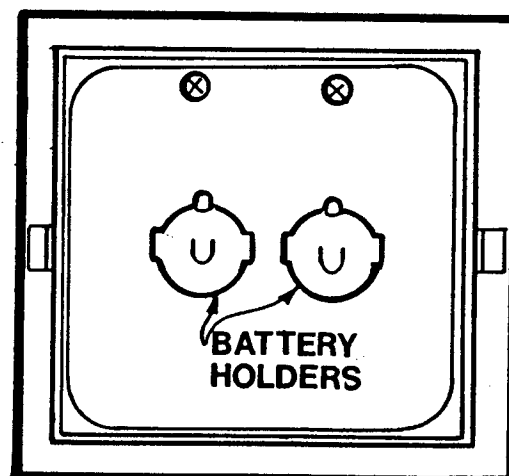
Your length of exercise time can be set in one minute increments from one minute to sixty minutes. To program the length of time you desire, push the On button to activate the display. Next press the Set button until the desired amount of time is displayed. When you are ready to begin your exercise, press the Start button and the Timer will begin counting down, showing the minutes and seconds remaining in your exercise period. If you wish to stop during the exercise period, simply press Stop and the Timer will cease counting until you press the Start button again. At the end of your programmed exercise period a signal beeper will sound to alert you.

If you want to use the Timer without programming, simply turn the Timer on and push the Start/Stop button when you begin exercising the Timer will automatically begin counting down from 60 minutes. When you are finished exercising, press the Start/Stop button again to stop the Timer. Subtract the time remaining from 60 minutes to calculate the length of time you have exercised.

Always press the On/Off button again to turn the Timer off when not in use to save the Batteries. The Electronics is powered by two 1.5 volt Flash Type Batteries. If the Batteries become weak they can be easily replaced by popping the Electronics panel out of the Shroud and removing the Batteries from the underside of the Electronics panel.



FRONT



BACK

# CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

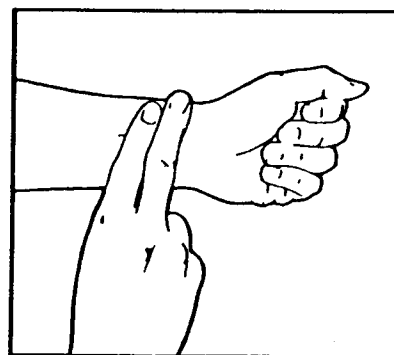
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

## EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

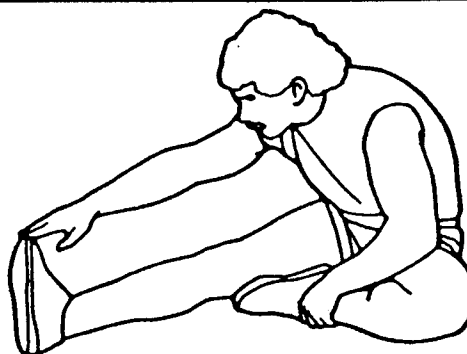
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## SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

### INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps, Hip Muscles

### TOE TOUCHES

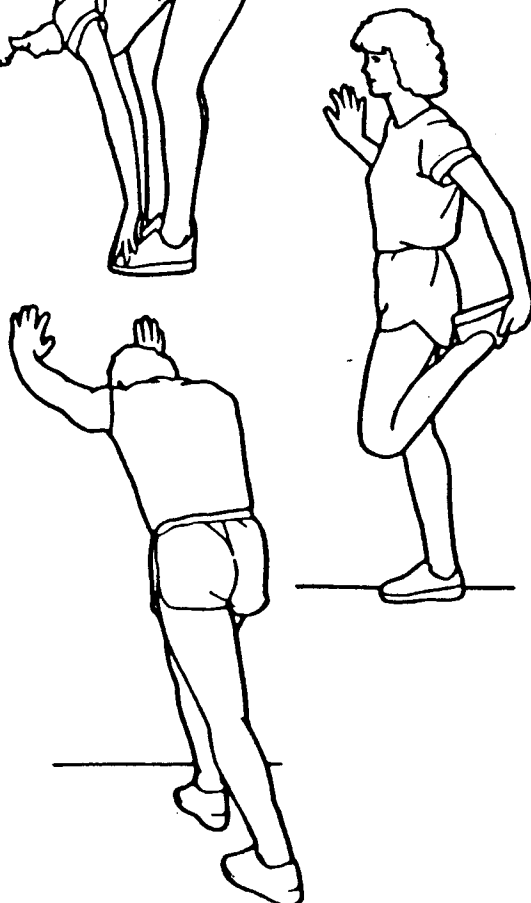
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, Back of Knees, Back

### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

### CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

## MAINTENANCE TIPS

Keeping your SKIMASTER in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles, pulleys, and rollers moving smoothly and to eliminate squeaks and excessive noise.
3. Check tension of step linking cable to keep out excessive slack. (Tightness should be kept similar to a fan belt, about 1/2" of deflection from a straight line from pulley to pulley.)

**Note:** This cable has nothing to do with the resistance of the exercise so DO NOT try to increase resistance by tightening the cable.

4. If you have a model with electronics, and the electronics are not functioning properly, test the monitor using new batteries. Most problems are the result of weak batteries. Remove batteries when storing for extended periods of time.
5. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronics monitor.

## EXERCISING ON THE SKIMASTER

Your SKIMASTER is a dual action aerobic exerciser, which means both your arms and legs are involved in the exercise. This dual action exercise gives you the greatest amount of cardiovascular exercise which accelerates your heart rate very quickly. Be sure to do your conditioning exercises prior to using your SKIMASTER to get your body ready for this vigorous exercise. (See Conditioning Guide.)

To begin exercising on your SKIMASTER, first grasp the handle bars, then step up on the skier steps. Unlike most cross country skiers where the arms and legs are separate components, your SKIMASTER has a unique integrated handle and step mechanism that synchronizes your arms and legs. This synchronization makes the exercise smoother and allows you to transfer work between the arms and legs.

When exercising, stand center of the skier foot pads and grasp the handles anywhere along the upper portion of the handle bar. The further to the top of the handle you grasp the longer the stretch of the arms during exercise. For less vigorous arm movement while maintaining long leg strides grasp lower down the handle bar. (Make certain that you do not grasp so low as to get your hands between the handle bar and mast.)

For more emphasis on the muscles of the upper leg and hamstrings, try keeping your heels down as you stride. For more emphasis on the calf muscles keep your heels elevated so you are mostly on your toes.

To vary your resistance simply turn the resistance handle on the side of the mast clockwise to increase resistance or counter clockwise for less.

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. Warranty replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (Skimaster Cross Country Skier)
- b. Model number of product (XC2)
- c. Serial number of the product located on a decal on the frame  
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness  
Parts Service Department  
900 West St. John Street  
Olney, Illinois 62450

## LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of **ONE YEAR** from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of **FIVE YEARS** from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

### LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

### CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

**Write to: Parts Service    Weider Health & Fitness    900 West St. John Street    Olney, Illinois 62450**

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

### PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.